



# The Park Bench

Seniors in the Park Newsletter  
March 2012 Volume XII Issue 3

Seniors in the Park promotes and enhances a vital aging community

## EASTER BUNNY LUNCH

**Saturday, April 7, 11:00 am to 12:30 pm**

Enjoy a Hot Dog Luncheon with dessert in conjunction with the Whitewater Optimist Easter Egg Hunt. Kids can frost and decorate their own cupcakes, and the Easter Bunny will be available for pictures after the hunt, which begins at 11:00 am in Starin Park.

Cost is \$2.50 for a one hotdog lunch or \$3.00 for a two-hot dog lunch. Stop in and enjoy lunch while supporting Seniors in the Park.

**Volunteers & donations are needed see page 5.**



## GAY AND GRAY

**Monday, March 12, 6:30 pm**

Seniors in the Park and The Ruby Project, team up to offer an ongoing "Gay and Gray" group. The senior population identifying as lesbian, gay, bisexual or transgender (LGBT\*) is often overlooked and as the pioneers in the gay rights movement age, there are few local resources to support them. This self-determined, social and supportive group will offer activities, such as game and movie nights, as well as services, such as workshops and guest speakers. We welcome input at this Exploratory Meeting on social activities, workshops, guest

speakers and more. Pizza, snacks and drinks will be provided at 6:30 pm, with the meeting following at 7:00pm. Join in friendly conversation with an appointed facilitator who will guide discussions that are informal and open dialogues. Please RSVP if you will be attending, by calling 262-473-0535. It is not necessary to leave your name, just number of people so we have enough food.

The Ruby Project (Janesville) currently offers a variety of supports and services for Janesville and surrounding areas and their mission is to empower and educate our LGBT\* community of all ages.

## SCHOOL DISTRICT REFERENDUM INFORMATION

**March 6 at 11:00 – 11:30a.m**

Mr. Eric Runez, District Administrator of the Whitewater Unified School District, will present information on the upcoming April 3 referendum election. He will be presenting info to the Bingo participants at 11:00 and the meal site participants at 11:25.

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**Daylight Savings Time begins March 11**

# March Classes and Activities

## B.R.I.C.

### (BRAZIL, RUSSIA, INDIA, CHINA) FAIRHAVEN LECTURE SERIES

**Mondays, 3:00 pm at Fairhaven Fellowship Hall**

The rapid advance of these four emerging economies is clearly transforming global trade and world power relations. Within a generation, they will eclipse the current richest countries and over two million BRIC will join the middle class. Examine how this will change our world.

**Mar. 5**—How Many Brics to Build a New Wall?  
The Masking of a New World Order in the 21<sup>st</sup> Century

*F. Peter Wagner, Political Science*

**Mar. 12**—Just Another Bric in the Wall? Russia and the Rest in the New World Order

*F. Peter Wagner, Political Science*



## GADGET GURUS

UW-W students will be available during the spring semester to assist you with any of your “gadgets” be it

computers, cell/smart phones, cameras or tablets. Computer tutoring is also available. Call to reserve a day and time. Let us know what you need help with and the brand/model of your gadget when you call.

**Wednesday, March 7 or 21 at 9:30 or 10:30 am**

**Monday, March 5 or 19 at 1:00 or 2:00 pm**

**Monday, March 5 or 19 at 5:30, 6:30 or 7:30**

Cost \$5.00

Register at least 5 days in advance so they can be prepared to assist you.



## ZUMBA GOLD ®

**Wednesdays, 12:45**

**Downtown Armory Dance Studio  
146 W. North Street**

- Instructor: Lynette Brown
- Fee: \$16 for March 7-28
- Pay in advance at the Starin Park Community Building. Checks to the City of Whitewater.
- \$5.00 Walk-in passes are available at the Community Building if you would like to try the class before committing.

## BOOK CLUB

**Monday, March 5, 10:30 am**

The Book Club will discuss *Stone Cold* by David Baldacci. The book for April is *The Beach House* by Jane Green.



Known in Nantucket as the crazy woman who lives in the rambling house atop the bluff, Nan doesn't care what people think. When she discovers the money she thought would last forever is dwindling and she could lose her beloved house, Nan knows she has to make drastic changes. She decides to rent rooms for the summer. Slowly, people start moving into the house, filling it with noise, with laughter, and with tears. As the house comes alive again, Nan finds her family expanding. Her son comes home for the summer, and then an unexpected visitor turns all their lives upside-down.

## CLUTTERBUGS

**March 13, 10:30 am**

Join this new group and get handy ideas to de-clutter your home and your life. Bring your ideas and get new ones. March's topic will be de-cluttering your kitchen.

RSVP for the March session by Thursday, March 8.

## WATERCOLOR - FOCUS ON COLOR

**Thursdays, Mar. 8-22, 1:00 – 4:00pm**

This three-week watercolor class will focus on line, one of the elements of design. Topics will focus on the use of line in a composition. A variety of line making tools will be shown and hard and soft edges will be discussed. Beginning, intermediate and advanced concepts will be covered. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Subject matter may include landscape, floral and/or still life. Attendees are always encouraged to paint from personal references, photos or ideas.

Instructor: Carolyn Alexander-Tsharnack

Cost: \$30, payable to the instructor by cash or check.

Sign up by Monday, March 5

Minimum – 6 people



## **SILK SCARF DYEING**

**Tuesday, April 17  
9 am—12:30 pm**

Wearing scarves is all the rage now. Dye two silk scarves in the color(s) of

your choice. Silk is beautiful to wear in the summer months. All supplies are included and you leave with the finished product! Instructor is Jeanine Holzman  
Cost: \$35.00

RSVP/Payment due by April 3

Minimum: 4 Maximum: 10

## **SUPER FOODS**

**Monday, April 16, 1:00 pm**

Super foods are nutrient dense and can significantly improve your health if eaten regularly. Learn what makes foods “super” and how you can easily incorporate them in your diet.

Presenter: Stephanie Nischik, RD, CD- Fort HealthCare

RSVP by Tuesday April 10.



## **CONTAINER GARDENS**

**April 23, 2012--1:00pm**

If you have a little sun and anything that will hold soil, you can be a container gardener!! There are many plants that grow very well in containers. During this class we will look at the herbs and vegetables that are easy to grow and will provide you a fresh harvest to use in your next meal!

Instructor: Chrissy Regester, Horticulture Educator, UW-Extension

Please register for the class by Monday April 16

## **ORGANIC GARDENING**

**Monday, May 14, 5:30 pm**

One of the best ways to limit the amount of pesticides used in your garden is to get to know your garden and its inhabitants. During this class we will explore a few easy ways to recognize and control pests in your vegetable garden, lawn, and landscape to keep you and your plants healthy. Program is presented by Chrissy Regester, Horticulture Educator, Walworth Co. UW-Extension

Please register for the class by May 7

## **FAMILY & FRIENDS CPR**

**Thursday March 8**

**6:00-8:30 pm**

1:00 Class is filled.

Fee: \$5.00

Free for SIP Volunteers

RSVP deadline: Feb. 27



**Wednesday April 25**

**1:00-3:30 pm**

Do you know what to do in an emergency? Learn and practice one, two or all three: adult, child and infant CPR, and automatic external defibrillation (AED) from an American Heart Association certified instructor. This is not a certifying course. There is no test and no card is issued. **Seniors in the Park volunteers** are encouraged to become familiar with what to do in an emergency and can take the class free.

Fee: \$5.00 Free for SIP Volunteers

RSVP/payment deadline: April 17

## **COOKING FOR 1 OR 2**

**Thursday May 3, 1:00 pm**

Tired of the same old evening meal? Looking for practical meals that do not feed a family of four? Join us for helpful hints and tips when cooking for a family of one or two. We will taste some recipes that can be created for low cost and less mess. Bring your questions and be prepared to leave with new ideas and recipes!

Presented by Jenny Wehmeier, Walworth Co. UW-Extension Family Living Educator

Cost: \$3.00

Registration is required by Thursday, April 26. to ensure samples for all

## **SENIORS IN THE PARK GOLF LEAGUE**

Starts in April.  
Watch the April newsletter for more information.



# Classes and Activities

## BINGO!

Tuesdays, 10:00 am

March 6: Culver's Bingo  
 March 13: Our House  
 Senior Living  
 March 27: City Bingo

## BINGO SPONSORS

Culver's  
 Our House Senior Living  
 Mulberry Glen:  
 Cookies & fruit drink

## CITY BINGO SPONSORS:

Topper's Pizza \* Subway  
 Robin's Nest \* Pizza Hut  
 McCullough's \* Rick's  
 Rosa's Pizza \* Fairhaven  
 Dale's Bootery \* Floral Villa  
 The Sweet Spot \* Genoa Pizza  
 Bergey Jewelry \* Taco Bell  
 Ketterhagen Ford \* Sentry  
 Jones Dairy \* VOS Sentry  
 Rocky Rococo Pizza  
 Commercial Bank  
 Fort Com. Credit Union  
 Fort HealthCare  
 Mirage Hair Studio  
 Downtown Whitewater  
 Binning & Dickens Ins.  
 Jessica's Restaurant  
 Eastsider/Westsider  
 Winchester True Value  
 First Citizens State Bank  
 Dalee Water Conditioning  
 Kentucky Fried Chicken  
 Walworth Co. Nutrition Prog.

## CONSIDER THE CONVERSATION

Wednesday, May 9, 1:00-3:00 pm

Motivated by their personal experiences with the loss of close family members, two long-time friends—one a veteran hospice educator and the other a former Wisconsin State Teacher of the Year—have produced a powerful and inspiring documentary film that sheds light on the American struggle with communication and preparation at life's end. *Consider the Conversation* explores various end-of-life issues as seen through the eyes of patients, family members, doctors, nurses, social workers, clergy and national experts from around the country. It is an award-winning, locally produced film that has been shown hundreds of times on PBS stations throughout the nation. Co-Producer Mike Bernhagen of Rainbow Hospice Care will introduce the film and lead a discussion afterward.

RSVP by Thursday May 3

## OUR HOUSE SENIOR LIVING MOVIES

Special thanks to *Our House Senior Living* for sponsoring the monthly movies. Popcorn and a beverage will be served. Wednesday movies will be shown on the big screen TV.

### "Turtle: the Incredible Journey"

Tuesday, March 6, 12:30

Rated: G, 1 hr 21 min

A little loggerhead turtle follows in the path of her ancestors on one of the most extraordinary journeys in the natural world. Born on a beach in Florida, she rides the Gulf Stream all the way to the frozen north and ultimately swims around the entire North Atlantic to Africa and back to the beach where she was born.

### "Ides Of March"

Tuesday, March 13, 12:30 pm

Rated: R, 1 hr 41 min

An idealistic staffer for a new presidential candidate gets a crash course on dirty politics during his stint on the campaign trail.

### "Dolphin Tale"

Tuesday, March 27, 12:30 pm

Rated: G, 1 hr 52 min

Inspired by the true story of a brave dolphin and the compassionate strangers who banded together to save her life. A young dolphin is caught in a crab trap, severely damaging her tail. Without a tail, her prognosis is dire. It will take the expertise of a dedicated marine biologist, the ingenuity of a brilliant prosthetics doctor, and the unwavering devotion of a young boy to bring about a groundbreaking miracle.



## HOT AND COLD BEVERAGES

Soda is now available in the refrigerator. Thanks for your donations to this service.

It is appreciated!

## SERVICES AT A GLANCE

- **Foot Clinic—Tuesday, March 6, 12:00 noon.**



Please bring a towel. No appointment is necessary. Cost is \$12.00. Please stop at the front desk to pay and to sign in for the service.

- **Therapeutic Table or Chair**

- **Massage by Angie—Monday, March 12, 1:00 pm.**

Half-hour massages for \$25. Appointments must be made in advance.

- **Blood Pressure Screening—**



**Tuesday, March 13, 11:00 am** Provided free by Our House

**Tuesday, March 27, 11:00 am.** Provided free by Country Nurses.

## AARP TAX ASSISTANCE

Our appointments for the year are full. There is a free, walk-in Tax Assistance for seniors and those who qualify in Hyland Hall, Room 1001 on Starin Road on the UW-W campus. There is free parking in Lot 7. Times are Tuesdays from 4 pm – 7 pm and Saturdays from 10 am – 2 pm. No assistance during spring break on March 24 and 27.



## CHILI COOKOFF RESULTS

There were nine entries for the Chili Cook-Off. First Place was Bruce Parker, Second Place was Joe Murn, People's Choice went to Patti Storlie and Best Decorated table went to Bruce Parker. By selling sample bowls of chili, we made \$764 which we split with Special Olympics. Thanks to Commercial Bank for a donation toward the prize money, Rosa's Pizza for making and donating the chili we served, and Delta Zeta sorority, Helen Brady and Marion Malo for volunteering. Chili Cook-Off participants were the Park Crest Neighborhood, Regenerative Roots, Joe Murn, Seniors in the Park, and Motorcycle group including: Blake Scharine, Dick Jones, Patti & Cliff Storlie, and Bruce Parker. Judges for the event were Jim Olson-Chartwells Catering (UW-W), Tyler Sailsbury-Black Sheep Restaurant and Special Olympian LaVonne Kettle.

## SHARE YOUR TIME & TALENTS

### Easter Bunny Lunch—Saturday April 7

This event is a community service project in partnership with the Whitewater Optimist Club. Sign up to volunteer or donate at the reception desk or give us a call.

8:30-10:30 am: Setup and prep food—5 people

10:45 am-12:30 pm: Serve food —4 people

10:45 am-12:30 pm: Serve beverages and assist families—3 people

10:30 am-12:30 pm: Sell tickets—2 people

12:30-2:00 pm: Clean up—5 people

### Donations Needed by Wed. April 4:

- Hot Dog Buns
- Hot Dogs
- One batch of Cupcakes (24)
- Cans of frosting
- Liters of Soda
- Large cans of fruit
- Large boxes of Jello—same flavor
- Cash donations toward items not donated.

### Wellfest Resource Table-Saturday April 14

at the Whitewater High School. Hand out material and talk about Seniors in the Park. 8:45–noon or 8:45—10:30 and 10:30—noon. Sign up at the registration desk.

## THANK YOU TO . . .



**Joyce VandeBunt**—Cash donation  
**Helen Brady and Marion Malo** for volunteering at the Chili Cook-Off

**Joyce Follis and Maggie Stetter** for making the judges and award ribbons for the Chili Cook-off.

**Patty Grosskreutz, Marion Malo, and Rose Ellestad** for keeping things running smoothly while I was on vacation.

**Sentry**—donated \$890.60 to Seniors in the Park in 2011. They gave over \$22,000 to the community and over \$15,000 to UW-W. Please continue to support them and us by getting Funds For Friends stickers.

**Commercial Bank**—Cash donation toward prize money for the chili cook-off.

# Coach Trips

## CHIP-IN CASINO

June 12-13

Trip includes:

- Motorcoach transportation
- One night accommodations at Chip-In Island resort
- \$25 on your players card at Oneida plus 10% off your lunch.
- \$40 in free credits on your players card at Chip-In (\$20 each day)
- \$3.00 off dinner, \$2.00 off lunch, and free breakfast at Chip-In

Fee: \$72.00 pp/dbl; \$98.00 single; \$67.00 pp/triple

Checks made out to Fort Atkinson Senior Center

RSVP/payment due: Tuesday May 15

## BRANSON ON THE ROAD

Tuesday April 24, 2012

American Serb Hall – Milwaukee

Branson On the Road brings great music, lots of laughs and fun for everyone! Enjoy this show as seen nationally on RFD TV. Before the show, enjoy a meal consisting of Chicken, Beef, Mashed Potatoes, Vegetables, Coffee, Soda, Tea, Bread & Butter and Dessert.

Cost: \$55; includes transportation, meal and Performance.

Departs from Fort K-Mart only at 10:00 am

Return approx. 4:30 pm

Deadline for reservations and payments: April 11



## FIRESIDE 2012

Wednesday April 25—9-5 the Musical.

**RSVP/Payment deadline March 15**

Wednesday June 6—Legally Blonde the Musical

**RSVP/Payment deadline April 31**

Wednesday August 8—The Rock & the Rabbi

**RSVP/Payment deadline July 2**

Wednesday Sept. 19—Hello Dolly

**RSVP/Payment deadline August 9**

Cost: \$66.00: payable to: The Fort Atkinson Senior Center. Transportation is on your own. Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.

## MILWAUKEE PUBLIC MUSEUM: CLEOPATRA EXHIBIT

Wednesday, March 14

Trip is full.

Fee: \$52.00

Fee: \$64 includes above and a box lunch

Checks to: City of Whitewater

Depart: Fort K-Mart: 8:00am

Whitewater 8:30 am

Return (approx): Whitewater 5:30 pm

Fort K-Mart 6:00 pm



## NORTH SHORE IN BLOOM

Thursday, July 12

Learn the unique history of several North Shore Villages from Evanston to Lake Forest and hear tales of the Native American Tribes that were its first inhabitants. Tour the breathtaking Bahai Temple and its exquisite gardens. Visit the magnificent Main Sanctuary and the surrounding spectacular gardens with seasonal floral displays. Meet the owner of a grand private estate garden. You will hear the amazing story of the 1902 “birth” of the garden, patterned after the palatial gardens of Spain. After an included lunch, visit the home and gardens of My Kind of Town Tour owner, Marsha Goldstein. She will give a personal tour of her garden and talk about the enormous pieces of sculpture. Enter her house and have a tour of her personal art and sculpture collection. (Those of you on last year’s Chicago trip will remember Marsha from the Private Club art tour). Enjoy light refreshments served by Marsha.



Fee: \$81.00

Reservation/payment due: Thursday, June 7

Depart: Fort K-Mart 7:00 am Starin Park 7:30 am

Return (approx): Starin Park 5:30 pm

Fort K-Mart 6:00 pm

## LUNCH BUNCH

Thursday, March 8

Eat lunch at Metropolitan in Janesville. Stop in to K&W Greenery afterward for a breath of spring!

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, March 6

In April, plan to join us at Upper Crust in Watertown.

## JANESVILLE SHOPPING

Wednesday, March 7, 12:30 pm

Get picked up at your home and shop in Janesville. Participants decide where to shop, but the usual stops are the Mall and Aldi's.

Departure: 12:30 pm

Cost: \$5.00 RSVP by Monday, March 5.

## PHOTO ID FOR VOTING RIDE

Tuesday, Mar. 20, 10:00 am



Do you need a photo ID for voting? We will be going to the DMV monthly with our van. A \$5.00 donation toward gas is requested, but is not mandatory. We will pick you up at your home. Please sign up one week before that date.

## CENTRAL COAST PRESENTS:

"I LOVE YOU, YOU'RE PERFECT,  
NOW CHANGE"

Sunday, March 11, 2012

Arrive at Central Coast 11:00 a.m.

"I Love You, You're Perfect, Now Change" is the longest running off Broadway Musical-Ever. It is a riotous and somewhat irreverent view of love and relationships throughout the lives of two couples. Enjoy dinner theater where you stay in your seats for the entire experience.



Meal: Spinach Salad, Panko Crusted Chicken with truffle mash and rosemary cream sauce with grilled vegetables and Chocolate Truffle Cake. Vegetarian meal is Portobello Penne with fried basil and parmesan cheese.

RSVP/payments by Feb. 28

Cost: \$60 includes show, meal, tax and tip. Make checks payable to Central Coast.

# Extended Trips

## IMPERIAL CITIES - PRAGUE, BUDAPEST AND VIENNA

November 5-15, 2012



Spend 3 nights in each of these beautiful cities, Highlights include: Prague, one of the most beautiful cities in the world, Hradcany Castle, Jewish Quarter, Schoenbrunn Palace, Grinzing Evening, Hungarian Horse Show on a horse farm and traditional Hungarian Feast, Matthias church, Fisherman's Bastion, and Renaissance-style dinner, plus much more! No Euros here, so less expensive once you arrive.

Cost: \$3249 pp/double (booked by May 5, 2012; will increase by \$100 after this date), includes airfare/air taxes, 15 meals, all sightseeing per the itinerary and free transportation to O'Hare. Call for detailed itinerary

## DOOR COUNTY

September 3-5, 2012

Travel to scenic Door County where we will begin our two-night stay at Homestead Suites in beautiful Fish Creek at the entrance of Peninsula State Park. A Trolley will take us through the limestone bluffs, a tour of the Cana Island Lighthouse and a stop at the Orchard Country Winery and Market. Also we will be enjoying a Fish Boil, a Glass Blowing Demonstration and a beautiful ride on the Door County Fireboat Cruises to name a few.

Price: TBA





The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, March 2, 9 and 23.

Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday through Friday. The suggested donation is \$2.50. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend.

### MEAL SITE MENU & CANCELLATIONS

Cancellations must be called in no later than 8:00 am the day of your reservation or the night before. Please call the Nutrition office at 262-741-3333 and leave your message. The County gets charged for meals ordered. Please help out the Nutrition Program by canceling in advance.



### 100TH BIRTHDAY CELEBRATION

**Monday March 19**

Orville Klima turns 100 on March 17! We will be celebrating this momentous day with him on Monday March 19. Please make reservations for lunch by Thursday March 15 if you will be celebrating with us.

### HAPPY MARCH BIRTHDAY TO:

5-Gertrude Drost	25-Romelle Koch
13-Sharron McCarthy	26-Audrey Peplinski
17-Orville Klima	

*Want to be on our birthday list? Just let Deb or Sue know your birth date and correct spelling of your name, and you can be in the newsletter, too!*

### SENIOR FORUM

**Monday, March 5, 12:00 pm**

Agenda items include: Review and Easter Bunny lunch. Help us chart the future of Seniors in the Park. New faces are welcome!

### ACTIVITIES AT A GLANCE

**Bid Euchre**—Mondays 1:00 pm

**Book Club**—First Monday 10:30. Books available at Starin Park

**Bowling**—Wednesdays, 9:00 am at Hawk Bowl

**Canasta**—First, third and fifth Mondays 1:30 pm



**Chess**—Wednesdays, 1:00 pm Beginners welcome

**Core & More**—Monday and Thursday, 8:45 am; \$30 class pass for 10 classes (does not expire)

**Declutter Group**—Second Tuesday, 10:30 am

**Dominoes**—First Tuesday 11:45 am

**Potluck**—First Tuesday 11:00 am

**Senior Forum**—First Monday at noon

**Sheepshead**—Tuesdays 1:00 pm

**Stretch, Flex & Glide**—Mon & Thurs. 9:30 am; \$1.00 per class

**Texas Hold 'em Poker**—Ladies: 1st/3rd

Thursday 1:00 pm; Men: 2nd/4th Thursday 1:00 pm

**Wii Bowling**—Mondays 11:00 am

**Zumba Gold ®**—Wednesdays 12:45 pm at the Downtown Armory. Cost \$4.00 per class for a session or \$5.00 walk-in. Must be paid for at Starin Park Community Building.



### MARCH PARK BENCH TV SHOW

At the March show, W3 and the Whitewater Aquatic Center will talk about the April Wellfest event.



The Park Bench airs daily at 7:00 am and select days at 6:00 pm on cable channel 98, digital 990 or online anytime at [www.Whitewater-wi.gov](http://www.Whitewater-wi.gov) Click on the **Multimedia** tab, then **Seniors-Park Bench** and you'll see all the episodes.

### MARCH OFFICE HOURS

The Seniors in the Park office is open Monday through Thursday 9:00 am to 4:00 pm except:

**Wednesday, Mar. 14 Office Closed**

**Wednesday, Mar. 21 Office Closed**



## **CIVIL RIGHTS REMEMBERED MARCH/WALK**

**Wednesday, March 7, 1:00 pm**

People will meet in the parking lot beneath the Prairie Tiller Mural between 1 pm and 1:25 pm. At 1:25pm, Chancellor Telfer say a few words about this commemorative walk. People will line up 2x2, and the march will go to the Hamilton Room in the University Center, where there will be informational boards up about various aspects of the Civil Rights Movement, digital stories, spoken word poetry, and conversation with people walking around learning about history and about each other.

Van rides will be available to the Mural Park and you will be picked up at the University after.

Please RSVP for a ride by Thursday, March 1

## **WHITEWATER ARTS ALLIANCE MARCH EXHIBIT**

Students from kindergarten through 12<sup>th</sup> grade will be exhibiting their artistic and musical talents at the Whitewater Arts Alliance's Cultural Arts Center on 402 West Main Street in March. The show will be open Fridays, Saturdays and Sundays from noon to 5 pm, Friday, March 2 through Sunday, March 18. There will be two receptions at 2:00 pm with entertainment. On March 4 will be the Whitewater High School Band Ensembles and March 11 the LINC'S Charter School 5th Grade Drumming Ensemble with music by the children.

## **OUR TOWN**

**March 1—3, 7:30 pm**

**At Whitewater High School**

Savor this masterpiece of small town life presented by the High School Drama Department. Tickets are \$7.00 for adults and \$5.00 for seniors and students. Call 262-473-8178 to reserve your seats.

## **COMMUNITY WELLFEST 2012**

**Saturday, April 14**

W3 hosts a Community Wellfest in the morning at the Whitewater High School which will include fitness classes, Financial Planning, Healthy Eating, a Resource Fair and much more. There will be snacks and door prizes will be awarded. Seniors in the Park will have a table at the event. Please see page 5, if you are able to assist.

## **"CRUSHING STEREOTYPES, CELEBRATING TRADITIONS"**

**UWW INTERNATIONAL DINNER**

**Friday March 2**

Experience the flavor, the culture, the world! Join us for a delightful change of pace at the International Dinner sponsored by the International Student Association and Chartwells. The menu was selected from recipes submitted by international students and will be expertly prepared by Chartwells. Nima Salami, classical guitarist and UW-Whitewater undergraduate business student from Iran, will set the dinner mood, followed by entertainment provided by UWW international students. Entertainment will include various skits about cultural stereotypes, singing, dancing, live music and much more. Take advantage of this annual event for a break from your everyday routine and come out and enjoy yourself.

Where: Hamilton Center, UC

When: Cash bar: 5:30 pm; dinner: 6:00 pm  
Seating limited. Purchase tickets Center of the Arts Ticket Center, [tickets.uww.edu](http://tickets.uww.edu) or call 472-2222; tickets not sold at door.

Cost: \$19 general public, \$11 students and children.

## **FREE HAPPY HOUR YOGA & MEDITATION**

**Fridays through March 16, 4:45-5:45 pm  
Cravath Lakefront Center**

Join Megan Wycklendt for an hour-long class that will help you de-stress! Megan's class incorporates beginning level yoga and breathing exercises to help you relax and feel great! Please wear comfortable clothing and bring a towel or yoga mat. Call 262-472-1305 for questions or more information.

Fee: FREE

\*\* This class is brought to you by W3; space is on a first come basis and a waiver must be signed to participate. Come early, the class will fill fast.

# Seniors in the Park Activity Calendar March 2012

Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)= Downtown Armory (L)=Cravath Lakefront (HB) Hawk Bowl</p>			<p><b>1</b></p> <p>8:45 Core &amp; More 9-12 Taxes 9:30 Stretch &amp; Flex 1:00 Ladies Poker</p>	<p><b>2</b></p> <p>11:30 Nutrition Site at Brookdale</p> <p><b>International Dinner at UW-W</b></p>
<p><b>5</b></p> <p>8:45 Core &amp; More 9:30 Stretch &amp; Flex 10:30 Book Club 12:00 Senior Forum 1:00 Bid Euchre 1:00 Gadget Guru 1:30 Canasta 5:30 Gadget Guru</p>	<p><b>6</b></p> <p>10:00 Culvers Bingo 11:00 Pot Luck 11:00 School Referendum talk 11:45 Dominoes 12:00 Foot Clinic 1:00 Sheepshead</p>	<p><b>7</b></p> <p>9:00 Bowling (HB) 9:30 Gadget Guru 12:30 Janesville Shopping 12:30 Our House Senior Living Movie "Turtle: The Incredible Journey" 12:45 Zumba Gold (A) 1:00 Chess</p>	<p><b>8</b></p> <p>8:45 Core &amp; More 9-3 Taxes 9:30 Stretch &amp; Flex 10:30 Lunch Bunch 1:00 Watercolor</p>	<p><b>9</b></p> <p>11:30 Nutrition Site at Brookdale 4:45 W3 Beginner Yoga and Meditation (L)</p>
<p><b>12</b></p> <p>8:45 Core &amp; More 9:30 Stretch &amp; Flex 1:00 Bid Euchre 1:00 Therapeutic Massage 6:30 Gay and Gray</p>	<p><b>13</b></p> <p>10:00 Our House Senior Living Bingo 10:30 Clutterbugs 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Ides of March" 1:00 Sheepshead</p>	<p><b>14</b></p> <p>8:30 Depart Cleopatra Tour 12:45 Zumba Gold (A) 1:00 Chess</p> <p><b>Office Closed</b></p>	<p><b>15</b></p> <p>8:45 Core &amp; More 9-2 Taxes 9:30 Stretch &amp; Flex <b>11:30 St. Patrick's Day-Nutrition Site</b> 1:00 Watercolor 1:00 Ladies Poker</p>	<p><b>16</b></p> <p>11:30 Nutrition Site 4:45 W3 Beginner Yoga/Meditation (L)</p>
<p><b>19</b></p> <p>8:45 Core &amp; More 9:30 Stretch &amp; Flex 11:30 Orville Birthday 1:00 Gadget Guru 1:00 Bid Euchre 1:30 Canasta 5:30 Gadget Guru</p>	<p><b>20</b></p> <p>10:00 Van to DMV 1:00 Sheepshead</p>	<p><b>21</b></p> <p>9:30 Gadget Guru 12:45 Zumba Gold (A) 1:00 Chess</p> <p><b>Office Closed for training</b></p>	<p><b>22</b></p> <p>8:45 Core &amp; More 9-2 Taxes 9:30 Stretch &amp; Flex 1:00 Watercolor</p>	<p><b>23</b></p> <p>11:30 Nutrition Site at Brookdale</p>
<p><b>26</b></p> <p>8:45 Core &amp; More 9:30 Stretch &amp; Flex 1:00 Gadget Guru 1:00 Bid Euchre</p>	<p><b>27</b></p> <p>10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Dolphin Tale" 1:00 Sheepshead</p>	<p><b>28</b></p> <p>12:45 Zumba Gold (A) 1:00 Chess</p>	<p><b>29</b></p> <p>8:45 Core &amp; More 9-2 Taxes 9:30 Stretch &amp; Flex 1:00 Family &amp; Friends CPR</p>	<p><b>30</b></p>

# Walworth County Nutrition Menu—March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Persons age 60 or older and their spouse, regardless of age, are eligible to participate. A suggested donation of \$2.50 is requested. Those unable to contribute are still welcome. To reserve a meal call 262-473-0536 before 12:00 p.m. one business day in advance or call the Nutrition Program office at 741-3333 or 1-800-365-1587, Ext. 3333. Cancellations must be made no later than 8:00 a.m. the day of your reservation by calling the Nutrition office.</p>				
<b>5</b> Cowboy Pork Chili Cauliflower with Savory Breadcrumbs Corn Bread Pears, Tapioca and Raisin Pudding	<b>6</b> Spaghetti and Meatballs Sicilian Blend Vegetables Garlic Bread Melon	<b>7</b> Slow Roasted Beef with Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Chilled Peaches	<b>8</b> Chicken Breast Parmesan Penne Pasta with Marinara Spinach French Bread Chilled Peaches	<b>2 AT BROOKDALE</b> Potato Crusted Fish Filet Sweet Potato Puffs California Blend Veggies Rye Bread Lemon Bar
<b>12</b> Country Meatloaf Patty Mashed Potatoes & Gravy Corn Medley Wheat Roll Pineapple Tidbits	<b>13</b> Ring Bologna Baked Potato Red Cabbage Rye Bread Mixed Fruit Jell-O	<b>14</b> Chicken Gumbo Rice Pilaf Pea Salad Bran Muffin Bread Mandarin Oranges	<b>15 St. Pat's Day</b> Corned Beef Whole Irish Potatoes Cabbage and Carrots Rye Bread Leprechaun "Pistachio" Pudding	<b>16</b> Veal Marsala Scalloped Potatoes Winter Blend Vegetables Multi-Grain Bread Banana
<b>19 Orville's 100<sup>th</sup>!</b> Sloppy Joes on a Hamburger Bun Seasoned Red Potatoes Mixed Vegetables Apple Pie	<b>20</b> Cheesy Broccoli Chicken Rice Casserole Butter Beans Whole Wheat Roll Warm Pear and Cranberry Crumble	<b>21</b> Meatloaf and Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits	<b>22</b> Diced Pork Pot Roast Diced White Potatoes Parslied Carrots Wheat Bread Chocolate Chip Cookie	<b>23 AT BROOKDALE</b> Potato Crusted Fish Filet Delmonico Potatoes Peas Rye Bread Lemon Pudding
<b>26</b> Roast Turkey and Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges	<b>27</b> Roast Prime Rib of Pork with Pork Sauce Mashed Potatoes Spinach O'Brien Multi-Grain Bread Ranger Cookie	<b>28</b> Spaghetti and Meatballs Mixed Salad Greens Garlic Bread Peach Applesauce	<b>29</b> Oven Roasted Chicken Thigh Garlic Mashed Potatoes California Blend Veggies Wheat Bread Fresh Melon	<b>30</b> Beef Minestrone Soup with Macaroni Green Beans Carrot Raisin Salad Ry Krisp Crackers Spice Cake



**Seniors in the Park**  
**PO Box 178**  
**Whitewater WI 53190**



Accredited by  
the Wisconsin  
Assoc. of  
Senior Centers

**Member:**

Wis. Association of Senior Ctrs.  
Wis. Parks & Recreation Assoc.  
National Council on Aging  
Nat'l Institute of Senior Centers  
Intern'l Council on Active Aging

**Seniors in the Park**  
**504 W Starin Rd**  
**PO Box 178**

**Whitewater WI 53190**

**Phone 262-473-0535**

**Fax 262-473-0537**

**Nutrition Site 262-473-0536**

**Mon-Thurs 9:00 am—4:00 pm**

**Deb Weberpal, CPRP**

**Senior Coordinator**

**dweberpal@whitewater-wi.gov**

Romelle Koch, Volunteer Editor

For General City information see the city

website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov)

Seniors in the Park is a division of

Whitewater Parks and Recreation

Matt Amundson, CPRP, Director

Michelle Dujardin, CPRP, Recreation &

Community Events Coordinator



**NEWSLETTER SUBSCRIPTION**  
**OR PICK-UP SITES**

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$6.00** with this coupon. To receive the newsletter **FREE**, go online to [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on the Departments tab, then Seniors in the Park or go to [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library.

**Name** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Address** \_\_\_\_\_

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